



TIPS

TREMOR

Federal Emergency Management Agency



How to Ride Out the Earthquake!

During a major earthquake, you may experience a shaking that starts out to be gentle and within a second or two grows violent and knocks you off your feet...

OR

you may be jarred first by a violent jolt -- as though your house was hit by a truck. A second or two later you'll feel the shaking and, as in the first example, you'll find it very difficult (if impossible) to move from one room to another.

If INDOORS:

Stay inside. Move away from windows, shelves, and heavy objects and furniture that may fall. Take cover under a table or desk, or in a strong doorway.

Although doorways have traditionally been regarded as safe locations, it's important to anticipate that doors may slam shut during an earthquake.

In halls, stairways, or other areas where no cover is available, move to the interior wall. Turn away from windows, kneel alongside wall, bend head close to knees, cover sides of head with elbows, and clasp hands firmly behind neck.

In libraries, immediately move away from where books and

bookshelves may fall and take appropriate cover.

In laboratories, all burners should be extinguished (if possible) before taking cover. Stay clear of hazardous chemicals that may spill.

There are no uniform guidelines for protecting students in other areas inside school buildings (e.g., gymnasium and auditorium). DETERMINE PROCEDURES FOR YOUR SCHOOL WITH ADVICE FROM EXPERTS (structural engineers and fire officials).

If OUTDOORS:

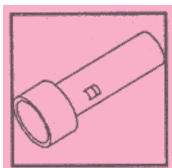
Move to an open space, away from buildings and overhead power lines. Lie down or crouch to the ground (legs will not be steady). Keep looking around to be aware of dangers that may demand movement.

On the school bus, stop the bus away from power lines, bridges, overpasses, and buildings. Students should remain in their seats and hold on.

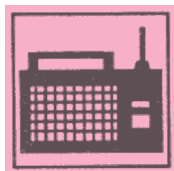
INDOORS or OUTDOORS, when an earthquake occurs:

Take Action at the *First* Indication of Ground Shaking.

HAVE ON HAND -- FOR ANY EMERGENCY



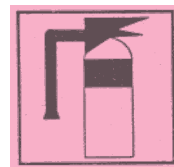
Flashlights with spare batteries. Keep a flashlight beside your bed. Do not use matches or candles after an earthquake until you are certain no gas leaks exist.



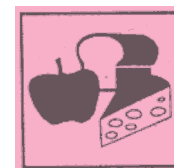
Portable radio with spare batteries. Most telephones will be out of order or used for emergency purposes so radios will be your best source of information.



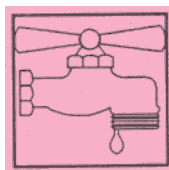
First Aid Kit; first aid knowledge -- have a first aid book such as the Standard First Aid & Personal Safety by the American National Red Cross. Have members of your household take basic Red Cross first aid and CPR courses.



Fire Extinguishers. Keep a fire extinguisher handy for small fires. Some extinguishers are only good for certain types of fires -- electrical, grease, or gas. A multi-purpose extinguisher labeled "ABC" puts out most types of fires. Your fire department can demonstrate proper use.



Food. It's always a practical idea to keep a supply of non-perishable food on hand, that can be rotated into your diet and replenished on a regular basis. Have a sufficient supply of canned or dehydrated food, powdered milk, and canned juices for at least 72 hours. Dried cereals and fruits and non-salted nuts are a good source of nutrition.



Water -- should be stored in airtight containers and replaced about every six months. Store at least three gallons of water per person to be prepared for a 72-hour period. Also have purification tablets such as Halazone and Globaline, but read the label on the bottle before using tablets.



Special Items. Have at least a week's supply of medications and special foods needed for infants or those on limited diets.



Tools. Pipe Wrench and Crescent Wrench -- for turning off gas and water mains, IF you suspect damage. If gas is ever turned off, remember that all pilot lights must be relit when service is restored.

